

Group Singing for Well-Being Using Q-Methodology

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Abstract

This study aimed to explore the viewpoints of group singers on the effect of group singing on their wellbeing and determine the well-being of group singers and non-group singers. Q-methodology was used to explore and determine the most common viewpoints of the group singers in the first phase of the study which had six participants, recruited using purposive sampling. The second phase of the study adapted the valid and reliable PERMA Profiler to gauge the level of well-being of the 37 participants, recruited using purposive sampling for group singing participants and convenience sampling for nongroup singing participants.

Using Q-methodology, the most common viewpoint of the group singers was spiritual fulfillment, community aspect, self-expression, self-esteem, and enjoyment of music and music repertoire. Analyzing the level of well-being of both group singers and on-group singers showed that both groups had above average level of well-being. There was no significant difference between the overall PERMA scores of the two groups using Pearson correlation, however there was a significant difference in the aspect of Positive Emotion and Health. Using this, the paper proposes a series of enhancement activities that are to be conducted in groups to increase the participants Positive Emotion and Health.

Keywords: group singing, social singing, music psychology, positive psychology, well-being

INTRODUCTION

The study aims to emphasize the importance of well-being, particularly in the context of vulnerable communities facing the COVID-19 pandemic in the Philippines. The mental health issues worsened during the pandemic, with limited access to mental health programs. Despite the establishment of mental health initiatives, there has been little reported improvement in the well-being of Filipinos, and the stigma surrounding mental health remains. Access to mental healthcare is particularly challenging for impoverished households, as they lack resources and support. The study highlights the need for accessible and cost-effective well-being programs that cater to the specific needs of Filipinos and encourage their participation.

The study also focuses on the significance of group singing, a popular activity among Filipinos, in promoting well-being. While singing groups are commonly found in churches and educational institutions, the researchers use the terms 'group singing' and 'social singing' to include non-group singers and encourage wider participation. Previous research shows that group singing programs have been effective in alleviating symptoms of depression, especially among older adults. However, there is a lack of research specifically addressing the mental health and well-being of Filipinos. The author, drawing from her personal experience as a group singer, aims to contribute to capturing the various aspects of group singing in the Philippines and exploring its impact on well-being. The study seeks to gather insights from group singers regarding the effects of group singing on well-being and compare the well-being levels of group singers and non-group singers.

METHODOLOGY

This research employed a mixed methods design consisting of two phases. The first phase utilized Q-methodology, an exploratory qualitative and quantitative method, to gain a general understanding of the effects of group singing on well-being in the Philippines. Q-methodology involves participants arranging a set of cards in a forced rank diagram, revealing patterns and shared perspectives among the participants. The resulting composite Q-sort diagrams provide detailed and holistic information. The second phase involved classic hypothesis testing using the PERMA Profiler, a valid and reliable measuring tool for well-being, to supplement the data from the first phase.

Purposive sampling was used in both phases of the study. For the first phase, seven participants with firsthand experience in group singing were recruited, and Q-methodology was conducted in person and online. In the second phase, convenience sampling was employed for non-group singing participants, while purposive sampling was used for group singing participants. The target sample size for both groups was two hundred participants each, although the actual sample size was seventy-seven. The group singing participants were active members of their respective groups, and there were no specified criteria for length of membership or age limits.

In the first phase, Q-sorts consisting of statements and images were created based on previous research and informal interviews. The participants used an online web app to arrange the Q-sort, and participation codes were generated for data organization. The second phase used the PERMA Profiler, a 23-item tool measuring well-being based on Seligman's five pillars of well-being and additional dimensions. The data gathering procedure involved recruitment through digital posters, consent forms, and communication via social media platforms. Ethical considerations, such as informed consent and confidentiality, were strictly observed throughout the study.

The data obtained from Q-methodology underwent inferential statistics, including correlation and by-person factor analysis, using the Q Method Software. The correlation matrix was calculated using Pearson correlation, and factor extraction and rotations were performed to identify relevant factors and patterns in the data. The eigenvalues were used to determine which factors should be retained.

Overall, this methodology employed a combination of exploratory qualitative and quantitative methods to explore the effects of group singing on well-being in the Philippines, using Q-methodology and the PERMA Profiler. The sampling methods, data gathering procedures, and statistical analyses employed were in line with the research objectives and ethical considerations.

RESULTS AND DISCUSSION

Purpose Statement Number 1. Determine the viewpoints of group singing participants on the effect of group singing on well-being.

Table 1.1 The Most Characteristic Statements for Q-sort 1

Statement	Q-sort Value
The words and the message of what we sing has a large effect	4
The image of a cross laid over a sheet music	4
There's a great difference between listening to music and making music	4
Singing fulfills my need to express myself in music	3
Singing helps me cope with stress	3
I feel strong emotions when singing	3
The strength of the choir is the people	3

Table 1.2 The Least Characteristic Statements for Q-sort 1

Statement	Q-sort Value
I have left a choir due to the members	-4
I have left a choir due to our choir director/master	-4
Singing has left me more stressed than before	-4
The image of two men arguing with one man attempting to mediate between them	-3
Being in a choir gave me vocal health problems	
Being part of a choir helps me forget my worries	-3
Our choir director/master makes me feel incompetent	-3

Table 1.3 The Most Characteristic Statements for Q-sort 2

Statement	Q-sort Value
Singing enriches my spiritual life	4
The strength of the choir is the people	4
Singing lifts my spirits	4
The image of a cross laid over a sheet music	3
Singing helps me release tension	3
Being in a choir is spiritually uplifting	3
After joining the choir, my life has changed for the better	3

Table 1.4 The Least Characteristic Statements for Q-sort 2

Statement	Q-sort Value
Singing helped me through grief and mourning	-4
I have left a choir due to the members	-4
Our choir director/master is too demanding	-4
The choir director/master plays a huge part in the group dynamic	-3
Singing fulfills my need to express myself in music	-3
Our choir director/master makes me feel incompetent	-3
I have left a choir due to our choir director/master	-3

Q-sort 1 ranked spiritual aspect, emotion, stress coping, and the social aspect as the highest. Q-sort 2 leaned heavily on the spiritual aspect and only one statement on stress coping. Both Q-sort 1 and Q-sort 2 attest to not leaving choirs due to members and group singing leaders. Whilst Q-sort 1 ranked music as self-expression highly, Q-sort 2 ranked it on the opposite end.

Table 1.5 The Most Characteristic Statements for Q-sort 3

Statement	Q-sort Value
Singing gives me a strong spiritual feeling	4
All of us in the choir has learned to accept each other as human beings	4
If I had to give up singing, I would miss it very much	4
Singing lifts my spirits	3
Being in a choir is spiritually uplifting	3
When I sing, I do what I love to do, and that is magic	3
Creating a safe environment and having some housekeeping rules is important	3

Table 1.6 The Least Characteristic Statements for Q-sort 3

Statement	Q-sort Value
Being in a choir gave me vocal health problems	-4
I have left a choir due to our choir director/master	-4
Being part of choir helps me forget my worries	-4
Singing has left me more stressed than before	-3
I think I am kept fit by choral singing	-3
Singing helped me through grief and mourning	-3
Singing helps me release tension	-3

Table 1.7 The Most Characteristic Statements for Q-sort 4

Statement	Q-sort Value
The image of a cross laid over a sheet music	4
My involvement in choir has improved my self-esteem	4
Singing gives me a strong spiritual feeling	4
Having previous musical training is essential to be in a choir	3
Singing fulfills my need to express myself in music	3
Singing enriches my spiritual life	3
All of us in the choir has learned to accept each other as human beings	3

Table 1.8 The Least Characteristic Statements for Q-sort 4

Statement	Q-sort Value
I can only be myself while I'm in the choir	-4
Being in a choir gave me vocal health problems	-4
I have left a choir due to the members	-4
The words and the message of what we sing has large effect	-3
Our choir director/master makes me feel incompetent	-3
I have left a choir due to our choir director/master	-3
The image of a girl being ostracized by her peers	-3

Q-sort 3 ranked spiritual aspect, social aspect, stress relief, music repertoire, and enjoyment of music as the highest. Q-sort 4 leaned heavily on the spiritual aspect, social aspect, and enjoyment of music. Both Q-sort 3 and Q-sort 4 attest to not acquiring vocal health problems from group singing. Whilst Q-sort 3 ranked performing highly, Q-sort 4 ranked it on the opposite end.

Table 1.9 The Most Characteristic Statements for Q-sort 5

Statement	Q-sort Value
The words and the message of what we sing has a large effect	4
The image of a cross laid over a sheet music	4
When I sing, I do what I love to do, and that is magic	4
Singing enriches my spiritual life	3
Singing fulfills my need to express myself in music	3
All of us in the choir has learned to accept each other as human beings	3
Singing helps me release tension	3

Table 1.10 The Least Characteristic Statements for Q-sort 5

Statement	Q-sort Value
The image of two men arguing with one man attempting to mediate between them	-4
Some of my fellow choristers are a burden	-4
I can only be myself while I'm in the choir	-4
If I had to give up singing, I would miss it very much	-3
I feel exhilarated after a performance	-3
I have left a choir due to the members	-3
Being in a choir gave me vocal health problems	-3

Table 1.11 The Most Characteristic Statements for Q-sort 6

Statement	Q-sort Value
Our choir director/master is too demanding	4
All of us in the choir has learned to accept each other as human beings	4
The choir director/master plays a huge part in the group dynamic	4
There's a great difference between listening to music and making music	3
Some of my fellow choristers are a burden	3
The strength of the choir is the people	3
I have left a choir due to our choir/director/master	3

Table 1.12 The Least Characteristic Statements for Q-sort 6

Statement	Q-sort Value
The image of a girl being ostracized by her peers	-4
Singing helps me cope with stress	-4
The image of two men arguing with one man attempting to mediate between them	-4
Singing helped me through grief and mourning	-3
Being in a choir gave me vocal health problems	-3
Singing helps me process traumatic events in my life	-3
I think that I am kept fit by choral singing	-3

The Q-sorts conducted in this study revealed several important aspects related to group singing and well-being. In Q-sort 5, participants emphasized the positive influence of musical training, spiritual fulfillment, self-esteem, self-expression, and social cohesion. However, in Q-sort 6, negative aspects such as fellow members and demands from the group singing leader were highlighted, leading some participants to leave a choir. Nevertheless, the participants acknowledged the significance of group members in singing groups. The consistent high ranking of spiritual fulfillment and enjoyment of music reflects both Eudaimonic and Hedonic well-being. Many participants considered group singing as a spiritually uplifting experience that fulfilled their religious obligations, indicating the integration of both types of well-being. This finding aligns with previous research emphasizing the importance of both Eudaimonic and Hedonic well-being. The Q-sort results also indicated the high ranking of mood improvements and stress relief, which is consistent with the experiences reported in other studies. The social aspect of group singing, including cohesion and collaboration, was highly valued by participants, despite some contradictory findings in other studies. The choice of repertoire also ranked high, with participants expressing preferences based on lyrics, harmonies, and musical phrases. This control over repertoire selection contributed to their enjoyment of music. The differences observed in the Q-sorts suggest that the type of singing group participants are involved in significantly influences their perceptions of the impact of group singing on well-being.

Purpose Statement Number 2. Determine the most common viewpoint of group singing participants on the effect of group singing on well-being.

The most common viewpoint of group singing participants on the effect of group singing on well-being (Appendix E):

Table 2.1 The Most Characteristic Statements for the Composite Q-sort

Statement	Q-sort Value	Z-Score
The image of a cross laid over a sheet music	4	1.88
The word and the message of what we sing has a large effect	4	1.46
All of us in the choir has learned to accept each other as human beings	4	1.42
There's a great difference between listening to music and making music	3	1.40
Creating a safe environment and having some housekeeping rules is important	3	1.15
When I sing, I do what I love to do, and that is magic	3	1.12
The strength of the choir is the people	3	1.05

Table 2.2 The Least Characteristic Statements for the Composite Q-sort

Statement	Q-sort Value	Z-Score
Our choir director/master makes me feel incompetent	-3	-1.13
Singing has left me more stressed than before	-3	-1.28
I can only be myself while I'm in the choir	-3	-1.33
The image of two men arguing with another third man attempting to mediate	-3	-1.41
I have left a choir due to our choir director/master	-4	-1.70
Being in a choir gave me vocal health problems	-4	-1.76
I have left a choir due to the members	-4	-1.84

The analysis of the unrotated factors in this study revealed one factor with an eigenvalue greater than one, explaining 34.46% of the variance. As only one factor emerged, no rotation was conducted. Tables 2.1 and 2.2 present characteristic Q-sort loadings for this factor. The most salient characteristic was the pervasive importance of faith and spirituality in group singing, which distinguished the Philippine singing tradition from Western singing groups. The significance of music repertoire content was consistent with previous studies, unlike findings by Valentine and Evans (2001). The participants also expressed great interest and enjoyment in singing, aligning with studies by Clift et al. (2010), Dingle et al. (2020), and others. The social aspect of group singing was highly emphasized, echoing research by Helitzer and Moss (2022), Kreutz (2014), and others. Interestingly, the role of the group singing leader was deemed unimportant by participants, and decisions to stay or leave a singing group were not dependent on the leader or fellow members. Tolerance and social cohesion were valued within the groups. Participants mentioned two motivations for joining: religious beliefs and an interest in singing. Those driven by religious beliefs exhibited the highest commitment, viewing singing as a fulfillment of their religious duty. The importance of religion also influenced the decision-making process for music repertoire, which was determined through a democratic voting system where all members contributed their opinions. Participants found it easier to learn and sing music they liked compared to less favored pieces.

Purpose Statement Number 3. Determine the level of well-being of group singing participants and non-group singing participants.

Table 3.1 Level of Well-being of the Participants in Terms of PERMA Overall

Indicators	Group Singing Participants		Non-Group Singing Participants	
	X	VI	X	VI
Positive Emotion	7.64	VP	6.88	P
Engagement	7.52	VP	7.44	VP
Relationships	7.92	VP	7.48	VP
Meaning	7.50	VP	6.83	P
Accomplishment	7.20	P	7.20	P
Happiness	7.42	VP	7.10	P
Composite	7.35	VP	7.16	P
Legend: 9.10 - 10.0 Certain Practically (CP) 5.46- 6.36 Good Possibility (GP) 1.82- 2.71 Some Possibility (SP) 8.19 - 9.09 Almost Sure (AS) 4.55 - 5.45 Fairly Good Possibility (FGP) 0.91 – 1.81 Very Slight Possibility (VSP) 7.28 - 8.18 Very Probable (VP) 3.64 -4.54 Fairly Possibility (FP) 00 - .090 No Chance (NC) 6.37 - 7.27 Probable (Pr) 2.73 - 3.63 Little Possibility (lp)				

The level of well-being of group singing participants is 7.35 (Very Probable) whilst the level of well-being of non-group singing participants is 7.16 (Probable). Both scores are considered above average according to Butler and Kern (2015).

Table 3.2 Level of Well-being of the Participants in terms of Positive Emotion

Indicators	Group Singing Participants		Non-Group Singing Participants	
	X	VI	X	VI
In general, how often do you feel joyful?	7.76	VP	7.05	P
In general, how often do you feel positive?	7.47	VP	7.08	P
In general, to what extent do you feel contented?	7.68	VP	6.50	P
Composite	7.64	VP	6.88	P
Legend: 9.10 - 10.0 Certain Practically (CP) 5.46- 6.36 Good Possibility (GP) 1.82- 2.71 Some Possibility (SP) 8.19 - 9.09 Almost Sure (AS) 4.55 - 5.45 Fairly Good Possibility (FGP) 0.91 – 1.81 Very Slight Possibility (VSP) 7.28 - 8.18 Very Probable (VP) 3.64 -4.54 Fairly Possibility (FP) 00 - .090 No Chance (NC) 6.37 - 7.27 Probable (Pr) 2.73 - 3.63 Little Possibility (lp)				

The Positive Emotion dimension of the group singing participants is assessed as Very Probable, with a composite mean of 7.64. They reported high levels of joy, scoring 7.76 (Very Probable), while their lowest mean was in the item related to feeling positive, scoring 7.47 (Very Probable). On the other hand, the non-group singing participants had a Probable level of Positive Emotion, with a composite mean of 6.88. They had the highest mean in the item regarding feeling joyful, scoring 7.08 (Probable), while their lowest mean was in the item related to feeling contented, scoring 6.50 (Probable). The high level of positive emotion among the group singing participants aligns with previous studies and was strongly expressed in both the Q-sort and post-Q-sort discussions. The regular and active participation in group singing likely contributes to their consistent experience of positive emotions, as seen in other research.

Table 3.3 Level of Well-being of the Participants in terms of Engagement

Indicators	Group Singing Participants		Non-Group Singing Participants	
	X	VI	X	VI
How often do you become absorbed in what you are doing?	7.29	VP	7.13	P
In general, to what extent do you feel excited and interested in things?	8.12	VP	7.60	VP
How often do you lose track of time while doing something you enjoyed?	7.15	P	7.60	VP
Composite	7.52	VP	7.44	VP
Legend: 9.10 - 10.0 Certain Practically (CP) 5.46- 6.36 Good Possibility (GP) 1.82- 2.71 Some Possibility (SP) 8.19 - 9.09 Almost Sure (AS) 4.55 - 5.45 Fairly Good Possibility (FGP) 0.91 - 1.81 Very Slight Possibility (VSP) 7.28 - 8.18 Very Probable (VP) 3.64 -4.54 Fairly Possibility (FP) 00 - .090 No Chance (NC) 6.37 - 7.27 Probable (Pr) 2.73 - 3.63 Little Possibility (lp)				

The Engagement dimension of the group singing participants is assessed as Very Probable, with a composite mean of 7.54. They reported high levels of excitement and interest in things, scoring 8.12 (Very Probable), while their lowest mean was in the item related to losing track of time while enjoying something, scoring 7.15 (Probable). Similarly, the non-group singing participants also had a Very Probable level of Engagement, with a composite mean of 7.44. They had the highest mean in two items: losing track of time and feeling excited and interested in things, scoring 7.60 (Very Probable), while their lowest mean was in the item regarding feeling contented, scoring 6.50 (Probable). The scores of both groups were above average, indicating a high level of engagement. The similarity in scores between the group singing participants and non-group singing participants may be attributed to the non-group singing participants also having activities that bring them joy and allow for positive reflection on those experiences.

Table 3.4 Level of Well-being of the Participants in terms of Relationships

Indicators	Group Singing Participants		Non-Group Singing Participants	
	X	VI	X	VI
To what extent do you receive help and support from others when you need it?	7.12	P	7.20	P
To what extent do you feel loved?	8.15	VP	7.80	VP
How satisfied are you with your personal relationships?	8.50	AS	7.43	VP
Composite	7.92	VP	7.48	VP
Legend: 9.10 - 10.0 Certain Practically (CP) 5.46- 6.36 Good Possibility (GP) 1.82- 2.71 Some Possibility (SP) 8.19 - 9.09 Almost Sure (AS) 4.55 - 5.45 Fairly Good Possibility (FGP) 0.91 - 1.81 Very Slight Possibility (VSP) 7.28 - 8.18 Very Probable (VP) 3.64 -4.54 Fairly Possibility (FP) 00 - .090 No Chance (NC) 6.37 - 7.27 Probable (Pr) 2.73 - 3.63 Little Possibility (lp)				

The Relationship dimension of the group singing participants is assessed as Very Probable, with a composite mean of 7.92. The participants expressed high satisfaction with their personal relationships, scoring 8.50 (Almost Sure), while their lowest mean was in the item related to receiving help and support from others, scoring 7.12 (Probable). Similarly, the non-group singing participants also had a Very Probable level of Relationship, with a composite mean of 7.48. They reported feeling loved to a great extent, scoring 7.80 (Very Probable), while their lowest mean was in the item regarding receiving help and support, scoring 7.20 (Probable). The slightly higher score of the group singing participants may be attributed to the consistent

presence of their colleagues in the singing group, fostering unconditional support and acceptance. This aligns with their statements in the first phase and is consistent with the findings of Ascenso et al. (2018).

Table 3.5 Level of Well-being of the Participants in terms of Meaning

Indicators	Group Singing Participants		Non-Group Singing Participants	
	X	VI	X	VI
In general, to what extent do you lead a purposeful and meaningful life?	7.62	VP	6.85	P
In general, to what extent do you feel that what you do in your life is valuable and worthwhile?	7.71	VP	7.13	P
To what extent do you generally feel you have a sense of direction in your life?	7.18	VP	6.53	P
Composite	7.50	VP	6.83	P
Legend: 9.10 - 10.0 Certain Practically (CP) 5.46- 6.36 Good Possibility (GP) 1.82- 2.71 Some Possibility (SP) 8.19 - 9.09 Almost Sure (AS) 4.55 - 5.45 Fairly Good Possibility (FGP) 0.91 - 1.81 Very Slight Possibility (VSP) 7.28 - 8.18 Very Probable (VP) 3.64 -4.54 Fairly Possibility (FP) 00 - .090 No Chance (NC) 6.37 - 7.27 Probable (Pr) 2.73 - 3.63 Little Possibility (lp)				

The study compared the level of meaning between group singing participants and non-group singing participants. The group singing participants had a composite mean of 7.50, indicating a very probable level of meaning. Among the items, they scored the highest in the question about leading a purposeful and meaningful life (7.62), and the lowest in the question about having a sense of direction in life (7.18). On the other hand, the non-group singing participants had a composite mean of 6.83, indicating a probable level of meaning. They scored the highest in the question about feeling that what they do in life is valuable and worthwhile (7.13), and the lowest in the question about having a sense of direction in life (6.53). The higher score of groups singing participants can be attributed to their regular participation in group singing, as mentioned in their statements during the study. They claimed that being part of the group enriches their spiritual and physical life, aligning with similar findings in a previous study by Ascenso et al. (2018).

Table 3.6 Level of Well-being of the Participants in terms of Accomplishment

Indicators	Group Singing Participants		Non-Group Singing Participants	
	X	VI	X	VI
How much of the time do you feel you are making progress towards accomplishing your goals?	7.00	P	6.78	VP
How often do you achieve the important goals you have set for yourself?	6.91	P	7.10	P
How often are you able to handle your responsibilities	7.68	P	7.73	VP
Composite	7.50	P	7.20	P
Legend: 9.10 - 10.0 Certain Practically (CP) 5.46- 6.36 Good Possibility (GP) 1.82- 2.71 Some Possibility (SP) 8.19 - 9.09 Almost Sure (AS) 4.55 - 5.45 Fairly Good Possibility (FGP) 0.91 - 1.81 Very Slight Possibility (VSP) 7.28 - 8.18 Very Probable (VP) 3.64 -4.54 Fairly Possibility (FP) 00 - .090 No Chance (NC) 6.37 - 7.27 Probable (Pr) 2.73 - 3.63 Little Possibility (lp)				

The study assessed the level of accomplishment among group singing participants and non-group singing participants. Both groups had a composite mean of 7.20, indicating a probable level of accomplishment. In terms of specific items, group singing participants scored highest in handling

responsibilities (7.68) and lowest in achieving important goals (6.91), both at a probable level. Non-group singing participants scored highest in handling responsibilities (7.73) and lowest in making progress towards accomplishing goals (6.78), also at a probable level. Singing groups often learn new songs and achieve accomplishments through performances, but the scores indicate that non-group singing participants may have other activities that give them a sense of achievement. The scores of group singing participants align with previous research by Ascenso et al. (2018), while the scores of non-group singing participants are similar to those found in the study by Butler and Kern (2016).

Table 3.7 Level of Well-being of the Participants in terms of Health

Indicators	Group Singing Participants		Non-Group Singing Participants	
	X	VI	X	VI
In general, how would you say your health is?	7.44	VP	6.65	P
How satisfied are you with your current physical health	7.47	VP	5.35	FGP
Compared to others of your same age and sex, how is your health?	7.00	P	5.80	GP
Composite	7.30	VP	5.93	GP

Legend: 9.10 - 10.0 Certain Practically (CP) 5.46- 6.36 Good Possibility (GP) 1.82- 2.71 Some Possibility (SP)
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 7.28 - 8.18 Very Probable (VP) 3.64 -4.54 Fairly Possibility (FP) 00 - .090 No Chance (NC)
 6.37 - 7.27 Probable (Pr) 2.73 - 3.63 Little Possibility (lp)

The study examined the level of health among group singing participants and non-group singing participants. Group singing participants had a composite mean of 7.30, indicating a very probable level of health. Their highest mean was in satisfaction with current physical health (7.47), while their lowest mean was in comparing their health to others of the same age and sex (7.00), both at probable levels. Non-group singing participants had a composite mean of 5.93, suggesting a good possibility level of health. Their highest mean was in general health perception (6.65), while their lowest mean was in satisfaction with current physical health (5.35), with a fairly good probability level. The high health score of group singers aligns with previous research by Corvo et al. (2020) and Sanal and Gorsev (2013), which highlight the positive impact of group singing on physical health. Interestingly, though, the statements related to physical health were not ranked significantly high or low in the study's Q-sort, and the participants did not mention any health issues or improvements during post-Q-sort discussions, indicating that they did not strongly perceive the effect of group singing on their physical health.

Table 3.8 Level of Well-being of the Participants in terms of Loneliness

Indicators	Group Singing Participants		Non-Group Singing Participants	
	X	VI	X	VI
How lonely do you feel in your daily life?	4.71	FGP	5.18	FGP

Legend: 9.10 - 10.0 Certain Practically (CP) 5.46- 6.36 Good Possibility (GP) 1.82- 2.71 Some Possibility (SP)
 8.19 - 9.09 Almost Sure (AS) 4.55 - 5.45 Fairly Good Possibility (FGP) 0.91 – 1.81 Very Slight Possibility (VSP)
 7.28 - 8.18 Very Probable (VP) 3.64 -4.54 Fairly Possibility (FP) 00 - .090 No Chance (NC)
 6.37 - 7.27 Probable (Pr) 2.73 - 3.63 Little Possibility (lp)

The level of Loneliness of the group singing participants has Fair Possibility as shown in composite mean of 4.71 while the level of Loneliness of the non-group singing participants also has a Fair Possibility as shown in composite mean of 5.18.

This low score reflects the composite Q-sort importance on the social aspect of group singing. Previous studies have also shown that the togetherness found in group singing is able to mitigate loneliness and isolation (Helitzer and Moss, 2022; Clift et al., 2010; Kreutz, 2014).

This is also echoed in the responses of the participants in the survey post-Q-sorting. Most of the participants expressed the inherent need to get along with each other and thinking about singing together only being achievable by working together and helping one another. Thus, just as they offer support to their members, the members also readily offer support to them.

Purpose Statement Number 4. Determine if there is a significant difference between the level of well-being between group singing participants and non-group singing participants.

There is no significant difference in the level of well-being between group singing participants and non-group singing participants.

Specifically, Table 4.8 shows that there is no significant difference on the level of well-being between group singing participants and non-group singing participants on the engagement, relationship, meaning, accomplishment loneliness and in the overall level for PERMA well-being. However, there is a significant difference on the level of well-being between group singing participants and non-group singing participants on the positive emotion and health as shown in the probability values of .047 and .001.

Table 4.1 Test of Significant Difference between the Level of Well-being between Group Singing Participants and Non-group Singing Participants

Variables	T test	P Value	Remarks	Decision
Positive Emotion	1.992	.047	Significant	Reject Ho
Engagement	.277	.783	Not Significant	Reject Ho
Relationship	1.089	.280	Not Significant	Accept Ho
Meaning	15.30	.130	Not Significant	Accept Ho
Accomplishment	.009	.993	Not Significant	Accept Ho
Health	3.448	.001	Significant	Reject Ho
Loneliness	.758	.451	Not Significant	Accept Ho
PERMA	1.213	.225	Not Significant	Accept Ho

The significant difference in terms of Health is similar to the studies of Sanal and Gorsev (2013) and Clift et al. (2009) while the significant difference in terms of positive emotion is similar to the studies of Helitzer and Moss (2022) and Clift et al. (2010).

The resulting non-significance of the well-being scores of groups singing participants and non-group singing participants may be due to the lack of extraordinary circumstances found in many previous group singing and well-being studies: homelessness (Bailey and Davidson, 2003), mental illness diagnosis (Clift et al., 2010), physical disability (Clift et al., 2007), and other marginalized populations (Editorial, 2020).

Despite the rejection of the null hypothesis, the majority of the participants were eager and vigorous in their commitment to group singing. Despite issues that they encountered: long commutes, lack of organization, and other relational issues with other members, all of them were still excited to continue group singing for the foreseeable future.

Purpose Statement Number 5. Create an enhancement activity for non-group singing individuals.

A two-part enhancement activity that targets the second phase's variables Positive Emotion and Health and encourages the first phase's variable of social cohesion are detailed below. These are designed to be easy enough so that the group may execute the steps without the group singing leader. However, it is recommended that these activities be given by the group singing leader so as to guide the members on its proper implementation.

The first activity and the second activity will only be effective if completed as a group as both activities aim to improve social cohesion among the group members. The meaning of group here is two or more individuals, excluding the leader.

Table 5.1

Activity 1

Activity Name	Warm-up
Target	Health, Social Cohesion
No. of Participants	Entire group
Materials	None
Procedure	Shoulder roll The group singing leader instructs the members to stand in a straight line, shoulder to shoulder, facing the front. With legs spread out as wide as their hips, they roll shoulders backwards and forwards in their own time. They learn to feel the state of their body. Back massage Afterwards, he instructs the members to turn 90 degrees to the right, facing the back of the member next to them. Each member then begins to gently hit the back of their members as if giving a massage. After a minute or two, the leader gives a signal to turn 180 degrees and do the same to the member on their other side. Marching line The leader then joins the group in the line formation and leads them to march around the rehearsal room. They must insist that the members lift their knees in an actual march. Anyone shuffling along or dragging their feet must be corrected. This may go on for as long as the leader feels the need to. However, they must not tire out the members.

Table 5.2

Activity 2

Activity Name	Rhythm (adapted from Valdes-Lim, 1997)
Target	Positive Emotion, Social Cohesion
No. of Participants	Entire group
Materials	Any object that produces sound (Optional)
Procedure	The members are seated in a circle. The group singing leader begins with a slow and steady beat. The member on their right adds to the beat in their own rhythm. The next member adds their rhythm until the person to the left of the leader begins their rhythm. The leader sustains the rhythm for a few seconds before signaling the person on their left to stop their beat. The member next to them will also stop as each member ceases one by one until the group singing leader's beat is the only remaining beat. If the rhythm is, in any way, distorted, the whole group must start from the beginning.
Sound production	Hitting Object Clapping Slapping the thighs Rubbing palms together Stomping Jumping Snapping fingers

CONCLUSIONS

Based on the aforementioned findings of the study, the following conclusions are derived:

1. That the variety of viewpoints of the group singing participants on well-being may be explained by the type of singing group they are a member of, and their belief on what music and singing are by extension.
2. That religion is a considerable part of Filipino culture and explains the importance of the spiritual aspect to group singing participants, that group singing is an inherently social activity regardless of location and type of choir, that singing is also a huge part of Filipino culture and explains the importance of the enjoyment of music; and that despite the negative aspects of group singing, participants still express remaining as active members which could be explained with resiliency.
3. That the level of well-being of group singing participants and non-group singing participants are both above average may be due to the participants of previous group singers in the group of non-group singing participants.
4. That the difference between the level of well-being of group singing participants and non-group singing participants may be due to the small sample size.
5. That the proposed series of enhancement activities is necessary to improve health and increase positive emotions in individuals

RECOMMENDATIONS

The following are the recommendations based on the summarized findings and conclusions drawn:

1. There are many different types of singing groups with vastly different objectives and agenda that may be considered as different categories of participants. Concerning this, the length of active membership for both current and previous group singers should also be taken into account.
2. Singing groups in the Philippines can be hard to penetrate. The future researchers may contact in advance and partner with group singing associations such as the Philippine Choral Directors Association to gain access to groups and better insight into the group singing landscape in the Philippines.
3. Q-methodology is a lengthy process and requires a long process from recruitment to analysis. Particular care may be executed in instructing participants in Q-sorting to prevent any confusion in the process. It may be particularly helpful to use physical cards instead of digital tools. The use of physical cards may be more intuitive for the participants. This can also help simplify recruitment posters.
4. Majority of the group singing participants have showed resilience as exhibited by their commitment to the group. Future researchers may explore the resilience of group singers in the Philippines. There was also a significant difference in the Health dimension but the group singing participants did not find it relevant to discuss during the post-Q-sort discussion. Thus, succeeding studies should also make it a point to further explore the effect of group singing on the health of the members. Moreover, the non-significance results of the second phase of the study may be due to the small sample size for both group singing and non-group singing participants. It is recommended, then, that future research gather a more sizable sample size. It could be helpful to prepare more posters: one for group singing participants and one for non-group singing participants. These posters should only have at most two links and QR codes. The simplicity of the steps might pull in more participants as well.
5. The recommended series of activities may be implemented in those attempting to replicate the two well-being benefits of group singing.
6. Future researchers may further expand on this promising area. They may use this paper as jumping board of their papers.

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